small boxing handbook 12 by JJefArt
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Maybe I should have called these books small boxing notes and ideas.
Because it looks more like a notebook made of notes thinking about boxing
and learning about boxing.

Don't forget that actual boxing is most important
Sparring
Shadow boxing
Mitt work
Bag and heavy bag work

Normally you train both stamina, speed and power while boxing
Here and there you could focus only on one or two things
This can show talent and make you a certain type of fighter,
specialising in for example stamina, speed or power.
But even though some people specialise you need all three
to be a good fighter

When it comes to stamina, speed and power you have
Allrounders
Fighters that specialise or are very good in two fields
Stamina fighters
Speed fighters
Power fighters

Small tips against stamina, speed or power fighters
If you fight a power fighter try and not get hit
If you fight a speed fighter and you can't hit him drive him in to a corner
If you fight a stamina fighter don't waste your energy

Tip against rushing opponents and what the hardest punch is to walk in to
The direct punch
"Forward momentum to forward momentum" makes the biggest collision
Punching tips against bobbing and weaving
The uppercut comes the hardest when he goes down
The hook comes the hardest when he moves to the hook punch
The downard hook or the downward direct punch ("pummeling")
works best if he goes up
Timing and observation is key

The dash punch or momentum punch
Can only be done if there is enough space
Can be dangerous if you walk in to a punch
It's done by making a very small dash or something more like a "hop"
where the rear leg comes forward and then the front leg moves forward when the
rear leg touches the ground again and then when the front foot is placed the punch is made

Note that the punch is made ready during the dash or hop
This is not a pivot punch